

# Don't Let the Flu Catch You By Surprise

Flu season is around the corner and you'll want to plan ahead for prevention. The single best way to do that is to get vaccinated.

## Who should get vaccinated?

The Centers for Disease Control and Prevention (CDC) recommends that everyone age 6 months and older get a flu vaccine each year. Seasonal flu vaccinations are especially important for those who are at high risk of having serious flu-related complications or because you live with, care for or work around people at high risk for contracting the flu or developing flu-related complications.

If you have questions about whether or not you should get a flu vaccine, consult your healthcare provider.

## Where and how can I get a flu vaccine?

### •Health & Wellness Benefits Fair – October 13th, 9:30 am to 2:30 pm

Flu vaccines will be available at no charge for employees and retirees covered in a City of Mesa Medical Plan, who attend this year's Health and Wellness Benefits Fair at the Mesa Convention Center (first come, first served—have your medical plan ID card available at check-in).

### •City of Mesa Employee Health & Wellness Center

Active medical plan participants (employees and covered dependents) can receive a flu vaccine (and other preventive vaccines) at the City's Employee Health and Wellness Center, each Friday afternoon beginning Friday, October 16th, between 1 pm and 3:30 pm. Vaccines will be dispensed as a "walk-in" appointment, per vaccine availability. If you have not visited the Wellness Center before you visit for your flu shot, please allow extra time to complete paperwork to register at the Center.

### •Medical Plan – BCBSAZ Contracted Providers

Flu vaccinations - covered at 100% for medical plan members (employees, retirees and dependents) with in-network BCBSAZ contracted providers. To find an in-network physician or retail clinic, go online to <http://azblue-chs.prismisp.com>. Confirm with the physician or retail clinic the availability of flu vaccine, hours/days/appointments, and participation in the BCBSAZ provider network.

### •Pharmacy Benefit Vaccination Network

You can also have your flu shots covered at 100% by using your Pharmacy Benefit under your City medical plan (covered employees, retirees and dependents). Use a pharmacy in the CVS/Caremark Vaccine Network (currently over 890 pharmacies in Arizona; over 52,000 nationwide) – including most CVS pharmacies, Walgreens, Costco, Wal-Mart and many supermarket pharmacies like Fry's, Basha's, Albertson's, Target and Safeway. (Remember, use the pharmacy service in these locations under your prescription drug benefit – some locations may also have retail clinics as described above for BCBSAZ medical plan usage).

To find a Vaccine Network pharmacy, you'll need to register at [www.caremark.com](http://www.caremark.com), select "Pharmacy Locator" under the "Plan and Benefits" tab, then select "Vaccine Network" under the "Advance Search" section. Or you can contact CVS/Caremark Customer Care at 1-855-264-5048.

### •First Responders

If you are a City First Responder, check with your Police or Fire department liaison for where/when flu vaccines may be administered for the City's First Responders and other related personnel, this year.



## WHAT ARE SYMPTOMS OF THE FLU?

Some symptoms of the Flu can include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headache
- Fatigue (very tired)
- Sometimes diarrhea and vomiting



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